

# 040-444<sup>Q&As</sup>

ACSM Registered Clinical Exercise Physiologist

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**QUESTION 1**

Category 1 medications include all of the following EXCEPT

- A. Lidocaine.
- B. Oxygen.
- C. Xylocaine.
- D. Epinephrine.

Correct Answer: C

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**QUESTION 2**

The idea that intention is the most important determinant of behavior is a central component of the

- A. Relapse Prevention Model.
- B. Social Cognitive Theory.
- C. Theory of Planned Behavior.
- D. Transtheoretical Model.

Correct Answer: C

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**QUESTION 3**

In developing an emergency plan, program administrators must take into account all of the following factors EXCEPT

- A. Type of flooring.
- B. Type of electrical wiring.
- C. Ventilation, temperature, and humidity.
- D. Types of exercise equipment.

Correct Answer: D

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**QUESTION 4**

Which of the following is a resistive lung disease?

- A. Asthma.
- B. Tuberculosis.

C. Cystic fibrosis.

D. Emphysema.

Correct Answer: B

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**QUESTION 5**

A 62-year-old, obese factory worker complains of pain in his right shoulder on arm abduction; on evaluation, decreased ROM and strength are noted. You also notice that he is beginning to use accessory muscles to substitute movements and to compensate. These symptoms may indicate

A. A referred pain from a herniated lumbar disk.

B. Rotator cuff strain or impingement.

C. angina.

D. Advanced stages of multiple sclerosis.

Correct Answer: B

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